



RIVER VALLEY SCHOOL

November 2023

ACHIEVEMENT...

CESD goals focus on Academic Excellence, Career Connections and Social Emotional Learning. The goals of RVS align with this, and we continue to work toward ensuring we meet kids where they are at in all areas, and help them take the next step in the right direction. That might be establishing friendships at recess or it might be a better understanding of number sense to support math success. It might even be both, and that's okay, because that is the work and we are determined to help all students move forward. We often refer to it as finding the "goldilocks" spot - where the work is a productive struggle or a manageable challenge at just the right level for each student.

Academic Excellence is at the heart of everything we do, and we continue to focus on the inextricable link between this and Social Emotional Wellness. Students who feel confident in their abilities work hard and this pays off in a positive cycle of finding school success. Students struggling with social or emotional challenges often find that academics are difficult as well - and vice versa - school work challenges can lead to low confidence and motivation...very much a "chicken & egg" scenario. Both are cycles we want to break, and we tackle these areas hand in hand through appropriate pressure and support strategies, all while presenting those "goldilocks" layers of learning so students are engaged and capable of finding success.

Career Connections is often seen as a High School focus, but at RVS we also see this as an important part of our work. We have developed a scope & sequence of work around this for our Gr 6 to Gr 8 students. The All About Me and MyBlueprint programs are great resources we use, beginning in Gr 6 with some basic self reflection and career exploration. We continue this in Gr 7 with more in-depth personality reflection and career research and this comes together in Gr 8 where I present my own career journey to students and then meet 1:1 with each of them to talk about future aspirations and next steps to achieve their goals. I find it a very rewarding part of our work at the school and it helps many students find relevance and the motivation to keep moving forward. This year we have added some whole staff professional development around Career Connections as we work through the fascinating book by Jonathan Fields - **Sparked**. Super interesting for us grown-ups but also pertinent as we determine who our students are and how to best engage them in both the school work they have to do today, and careers options that might be of interest in the future. Feel free to check it out (and even take the free test to check your own *Sparketype!*) at <https://sparketype.com/>

Lastly, we recognize we do none of this work in isolation. Family support and connection is key to students' happiness and success. We look forward to connecting with you in-person at Parent Teacher Interviews November 6 & 7 to continue to build positive relationships with each of you. It takes a team to educate children, and we are so grateful for your support!

Yours in Learning,
Leslie Cooper-Shand
Principal
River Valley School





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November 2023

Important dates for November...

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Day 6	2 Day 7 Book Fair	3 Day 8 Book Fair
6 Day 1 Parent/Teacher Interviews Book Fair 4 to 7 PM	7 Day 2 Parent/Teacher Interviews Picture Retake Day Book Fair 4 to 7 PM Subway Day K-8 Prepaid online only	8 Day 3 Remembrance Day Assembly @ 9:00AM	9 No Students / No Staff Fall Break	10 No Students / No Staff Fall Break
13 Day 4 Métis Week	14 Day 5	15 Day 6	16 Day 7	17 Day 8
20 Day 1	21 Day 2 School Council @ 4:00PM Pizza Day K-8 Prepaid online only	22 Day 3	23 Day 4 Retro Dressup	24 No Students Collaborative Day
27 Day 5	28 Day 6	29 Day 7	30 Day 8	



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Community connections...



Great News!

The School Division has received a grant to support nutrition in schools, so RVS will be offering milk to students once a week again this year - start date TBD. This is a non-NFL snack day, and will augment that program nicely as Nutrition For Learning is not able to offer milk at this time. If you have any questions, feel free to connect with Mrs. Olson at the office.

We are excited to have our 1B/2B students collaborating with the Mountain View Family Resource Network through the Roots of Empathy program. This is an evidence-based classroom program that helps students develop an understanding of emotions, including increased empathy by meeting monthly with a facilitator and a parent and young infant, who they watch grow and develop.



Thanks to Constable Hull for coming to connect with our youngest students about Halloween Safety - much appreciated!



Remembrance Day Ceremony
November 08, 2023
9:00AM School Gym

We are so pleased to again be able to donate the RVS gym space for the Sundre Legion Community Remembrance Day Service to be held on November 11, 2023

You will note that we are working collaboratively with Greenwood Neighborhood Place, attaching their Sundre On the Go publication to our monthly newsletter. This also includes The Den calendar of events for the month. If you have any exciting events to promote for kids/ families, please connect with GNP to have your information added to their newsletter, which will then be forwarded out to RVS families each month.

Land Recognition

We acknowledge that we work, live and play on the ancestral and traditional lands of the Treaty 6 and Treaty 7 nations. We acknowledge the many First Nations, Metis and Inuit whose footsteps have marked these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We recognize the land as an act of reconciliation and gratitude to those whose territory we reside on.



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Collaborative Day @ RVS...



On our collaborative day October 20—staff were engaged in a variety of conversations and learning around literacy, numeracy, interventions and career connections.

Did you know that using grid paper for math based tasks is a strategy supported by research? In the pictures you will see staff talking about grid paper math activities that they have had students completing in class over the past few weeks.

Staffing Update

We are so sad to see our wonderful Learning Commons/ Library Technician, Mrs. Mandel, leaving RVS. She is headed to northern Manitoba to join her RCMP husband currently posted there, but we wish her all the very best. Mrs. Mandel brought her lovely smile, enthusiasm, and commitment to literacy and learning to RVS everyday - we'll miss you Mrs. Mandel!

On that note, please join me in welcoming Mrs. Blackhurst to this Learning Commons role. She is a Sundre local, and is excited to start this new adventure in our school. You'll have a chance to meet her in person if you pop into the Book Fair during Parent Teacher Interviews this month - welcome Mrs. Blackhurst!

Why are students Chronically Absent and how can we help?



Myths

Absences are only a problem if they are unexcused

Sporadic versus consecutive absences aren't a problem

Attendance only matters in the older grades

Barriers

Chronic illness

Lack of access to health or dental care

Trauma

Poor Transportation

No safe path to school

Aversion

Child struggling academically

Lack of engagement in the instruction

Incompatible school climate

Parents had negative school experience

With the return to winter weather, we want to remind all of our students to ensure they are dressed for the weather. Please see the picture below for more information or visit the Inclement Weather page on the CESD website [here](#).



***It's cold outside!
Dress warmly to stay safe***



**We care about your children.
Please be ready for Inclement Weather days
to keep them safe!**



Be familiar with the Chinook's Edge 'Inclement Weather' approach to safety and know what the terms **Yellow Day** and **Red Day** mean. Visit 'Inclement Weather' under the Quicklinks on our website



Have a plan for your child. Arranging childcare on short notice can be challenging, so we advise that you prepare an ongoing plan for the care of your child in case a Red Day is called at your school. Do not send your child to school on a Red Day.



Make responsible driving decisions for yourself each day (parents, students and staff). If it is a Yellow Day and it is safe to get your child to school, we would love to have them. Meaningful learning will occur for those able to attend, but we must stress that our biggest priority is safety.

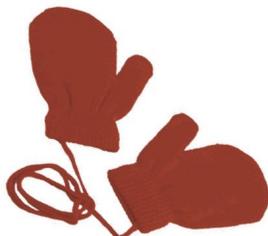


Please do not allow your child to walk on an Inclement Weather Day! If you can safely get your child to school on a Yellow Day, please watch until they enter the door when you drop them off.

**It is very important that your children
are dressed safely for the weather.**

For information on dressing safely, please watch [this video](#).

(Thanks to Lancaster City Schools for use of their video!)



www.cesd73.ca





As part of Fire Prevention Week RVS students practiced how to safely evacuate the school during the October fire drill.

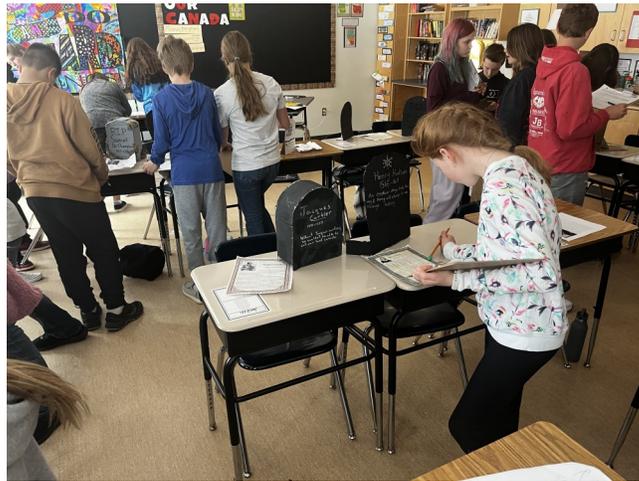


RVS playground fun!





KM Club wrap up / CESD Cross Country Run

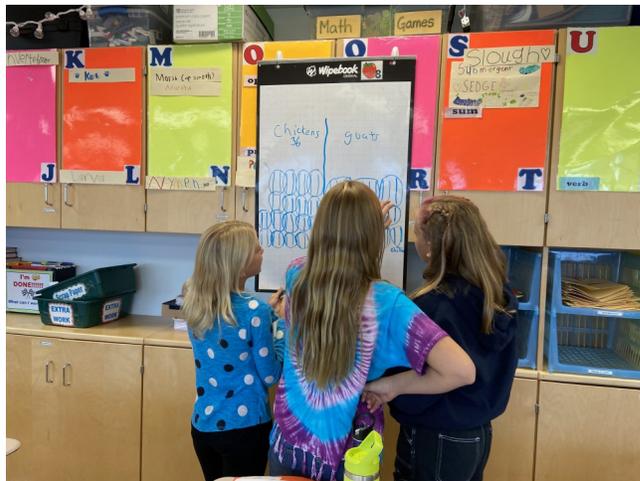
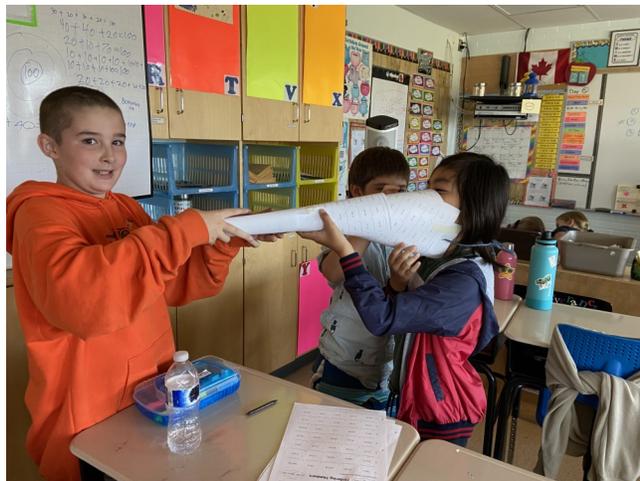


Gr 7 Tombstone Walk

Students created an obituary and tombstone for a European explorer of Canada

Kindergarten students working hard on their letter and fine motor skills!





Grade 5A Wetlands STEM Project and Building Thinking Classrooms Math Problem





Happy Halloween!





We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/ Casual Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds

Sundre On the Go

November 2023

Greenwood Neighbourhood Place is your Community Resource Centre
Connecting you to Local Programs, Events, Services & Resources

CONTACT US:

Office Hours:
Tuesday to Wednesday
8:30 AM to 4:00 PM
Thursday 9:30 AM-4:00 PM

Phone: 403 638 1011
Location:
#5, 96-2 Ave NW
Mail:
PO Box 1846,
Sundre AB, T0M 1X0

Email: info@mygnp.org
www.mygnp.org
CRA Charity No.
866369374RR0001

Greenwood Neighbourhood Place's

Sundre Santas 2023

Sundre Santas (est. 1998) assists community members who are in need during the Christmas Season preparing food hampers for those who register with Greenwood Neighbourhood Place's Sundre Santas.

Every year approximately 300 individuals benefit from Sundre Santas. This program is supported by community donors and volunteers. Community volunteers contribute to the success of the program by assisting in every aspect. Financial donations, non-perishable food items and gift cards from local businesses are accepted.

Sundre Santas makes a difference for so many, helping them to experience the magic of Christmas, and contributes to the wellbeing of our community.

Your financial support enables us all to care for our community and is greatly appreciated. If you would like more information, please contact us.

Welcome Bree Odd, our new Sundre Santas Program Coordinator. Bree knows she has some big shoes to fill and is excited to be a part of this year's program. If you have any questions, please do not hesitate to contact her at santas@mygnp.org

DONATE BY CHEQUE OR CASH AT OUR OFFICE.
Online donations: www.mygnp.org
Donors receive a charitable tax receipt upon request (min \$10)
Please include your mailing address and make cheques payable to:
GREENWOOD NEIGHBOURHOOD PLACE
Memo Line: 2023 Sundre Santas

SUNDRE SANTAS

Remembrance Day
November 11

Sundre On The Go is brought to you by Greenwood Neighbourhood Place & Sundre Family Community Support Services (FCSS)

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

For Adults

COOKING UP CONNECTIONS

Thursday - November 23-4:00PM-7:00PM

\$10 Includes Food

SUNDRE LEGION

Register at www.mygnp.org

ADULTS SUPPORTING GRIEVING CHILDREN

Take the trauma out of death & dying

Part One:
WEDNESDAY | NOVEMBER 15
6:00PM-8:00PM

Part Two:
WEDNESDAY | NOVEMBER 29
6:00PM-8:00PM

Cost: \$5
Location:
Sundre Library

Register at www.mygnp.org

Seniors Art Program

Tues | Nov 21 | 10AM-Noon

Sundre Seniors Supportive Living Facility

Cost: Free
Register at www.mygnp.org or 403.638.1011

Seniors Art in the Country

TUESDAY | NOVEMBER 28
10:00AM-12:00PM

JAMES RIVER BRIDGE COMMUNITY HALL

COST: FREE
REGISTER AT: WWW.MYGNP.ORG
403.638.1011

Seniors 55+ Trip Movie Matinee

Wed | Nov 22 & Dec 6
12:15PM-3:30PM

Transportation is free
You are responsible for Movie admission & snacks

Olds Mayfair Cinema
(Meet Community Van at Town of Sundre Parking Lot)

Register at www.mygnp.org

Website Events Page

SCAN ME

VOLUNTEER OPPORTUNITIES

SUNDRE SANTAS

Volunteer and make a difference with Sundre Santas this season.
Contact Bree at santas@mygnp.org for more info.

THE DEN

YOUTH CENTRE

CHECK OUT THE DEN
SUNDRE YOUTH CENTRE
AT WWW.THEDENSYC.ORG

GNP is Promoting & Supporting NOT-FOR-PROFIT ORGANIZATIONS with free postings

SUNDRE SANTAS 2023!

Sundre and Area Christmas Hamper Program

REGISTRATION OPENS: NOVEMBER 13 CLOSES: DECEMBER 5

peak theatre players present

Agatha Christie's MURDER ON THE ORIENT EXPRESS

November 17, 18, 19 (matinee), 24, 25

adapted by Ken Ludwig
Sundre Arts Centre

tickets \$25 at eventbrite.ca beginning October 20

SUNDRE FARMERS' MARKET PRESENTS

CHRISTMAS MARKET

JOIN US FOR ALL YOUR FESTIVE SHOPPING NEEDS

NOVEMBER 10-11 / 11:00AM-4:00PM
DECEMBER 1 / 3:30PM-7:30PM
DECEMBER 2 / 11:00AM-4:00PM

SUNDRE COMMUNITY CENTRE
196 2ND AVE NW
FOR MORE INFO CALL (403) 638-1588

Hamper Donations
We are accepting non-perishable food items with safe expiry dates, gift cards, & financial donations.

Sundre Palliative Care

Welcome to monthly meeting!
Thursday | Nov 9 | 2:00PM
749-6th St SW (SSSL) - North Doors

Let's Talk About Hoarding
Thursday | Nov 30 | 6:30-8:30PM
with Danby Felker, at SSSL

Drop In Grief Group
Thursday | Nov 23 | 2:00-4:00PM
Main Ave Church, Sundre

Tree of Hope
Friday | Dec 1 | 5:00PM
Sundre Hospital grounds - North

Candlelight Service
Sunday | Dec 3 | 3:00PM
749-6th St SW (SSSL)

For Info: Anne Brander 403-507-1255
sundrepalliativecare@gmail.com

Sundre Municipal Library
November Events

Teen Hangout
Thurs | Nov 2 | 3:30PM-5:00PM
Games, Food, and fun for teens.
This month features NERF Wars!
FREE!

Lego Club (Ages 6 - 11)
Tues | Nov 9 | 3:15PM-4:15PM
Get creative building the monthly challenge!

Silent Auction
Nov 14-24
(Donations accepted until Nov 10 & bidding closes Nov 24 | 2:00PM)

Knitting Group
Wed Evenings 6:00PM-8:00PM
Knit? Crochet? Join this group for conversation and fun!

Location: Sundre Municipal Library
(403)638-4000
www.sundre.prt.ab.ca

Cash donations over \$10 receive a charitable receipt upon request.

Camp Evergreen
Yurt Rentals

Enjoy a few days on our site staying in an authentic Mongolian Yurt!
Check out website for availability!

Winterfest Family Camp
Feb 16-18, 2024
Family Day Long Weekend has never looked more fun!

Location: Camp Evergreen
31404 Range Rd 52, Sundre, AB
Visit us at www.camp-evergreen.com
Contact us @
main@camp-evergreen.com
403-638-4230

Bergen Ladies Aid Auction Sale
Saturday | November 11
Doors Open 7:00PM
Sale 7:30PM
Bergen Hall

Baking, preserves, hand crafts, quilts for sale. All proceeds go to charitable purpose

For Info: Lynn Whittle
1-403-637-2622

Item donations accepted at GNP until December 7, Financial donations until December 22

AI Anon Meetings
Every Thursday
11:00AM-12:00PM
Sundre United Church

Contact @ 403-529-7899 for more info

Bergen Farmers' Market Christmas Market
Saturday | November 25 | 10:00AM-1:00PM
Location: Bergen Hall

Home baking, produce, preserves, beef, hand crafts, fresh wreaths, Sundre Palliative Care, Legacy Land Trust calendars, free coffee and tea

Contact Information:
Shelley Ingeveld 403-638-2356

For More Info Contact:
403.638.1011
santas@mygnp.org

Sundre Caregiver Support Group
First & Third Thursdays Monthly
1:30PM-3:30PM

For anyone providing care & support to those with healthcare needs.

Sundre Seniors Drop In Centre
For more info:
Cindy Andrus 403.636.6285

Alberta Healthy Living Program
Adult Weight Management Level 1
Tues | Nov 7, 14, & 21 | 9:00AM-11:30AM

Diabetes the Basics
Tues | Nov 14, 21, 28 & Dec 5

Understanding Nutrition Labels
Thurs | Nov 16 | 12:00PM-1:00PM

Location: Zoom
Contact Information: 1877 314-6997 to register
Call your local Health Educator 403 559-8895 to arrange in-person classes.
Scan QR code for complete list of class offerings

Book your Christmas Party Now!
Catering packages available!

Pioneer Lodge, Sundre
guestcoordinator@pioneerlodge.ab.ca
403-638-2660

Aquaplex
Sundre Area District

3rd fall session of Monday/Wednesday swim lessons starts Monday | November 6

2nd fall session of Saturday swim lessons starts November 4

Early Bird Lane Swim: Mondays, Wednesdays, and Fridays.
Noon hour & evening lane swims: Tuesdays and Thursdays.

Aquafitness classes are:
9:00AM | Monday, Wednesday & Friday
6:30PM Tuesdays & Thursdays!
All ages and abilities welcome!

Our fully equipped Fitness Center is available 24 hours when you get a Key FOB!

Watch for programming updates on www.sundreaquaplex.com

Community Luncheon
Wednesday Nov 15 | 11:30AM-1:00PM
Entertainment until 2:00PM

SUNDRE LEGION HALL-\$10/PLATE
More info & Transportation or to volunteer call:
Lourelle at 403.638.3378

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Shelley Ingeveld 403-638-2356

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GRADES 7-12

November

AT THE DEN S.Y.C



Event Registration

	Tuesday	Wednesday	Thursday	Friday	Saturday
30		1 Drop in 3-6pm 6-8pm	2 Drop in 3-6pm Paint night 6-8pm	3 WII SPORTS NIGHT! 6-9PM	4
6	7 NEW Drop in 3-6pm	8 Drop in 3-6pm 6-8pm	9 CLOSED	10	11 Remembrance Day
13	14	15 Drop in 3-6pm 6-8pm	16 Drop in 3-6pm Sundre Citizens 6-7pm	17 6-9PM VIRTUAL REALITY NIGHT	18
20	21 NEW Drop in 3-6pm	22 Drop in 3-6pm 6-8pm	23 Drop in 3-6pm \$5 DIY Christmas Gift 6-8pm	24 RED DEER REBELS GAME Preregister \$25	25
27	28	29 Drop in 3-6pm 6-8pm	30 Drop in 3-6pm \$5 DIY Christmas Gift 6-8pm	DECEMBER 1ST SUNDOWN IN SUNDRÉ OPEN HOUSE 6-9PM	<p>Over the month of November we will be collecting donations of toiletry items for Santa's Anonymous. Bring in your donations for a free canteen item of your choice!</p>

Introducing **Sundre Citizens!** Do you like to help out? Want to get involved in our community? Our new DEN club Sundre Citizens is for YOU! Find out how you can get involved in helping our neighbours and community members. Meet with us November 16th to find out more! Supper Provided!